



Recipes for Success

The following is a list of ways a chef can team up with a school to improve the health of students and enhance the school culture.

Enhancing and Promoting School Meals:

- **HealthierUS School Challenge.** Offer to help prepare the components of the application to become a HealthierUS School. The HealthierUS School Challenge (HUSC) is a nationwide award program established to recognize schools creating healthier school environments through their promotion of good nutrition and physical activity. Ask if you can assist the wellness team in assessing their menus, production records, wellness policy, nutrition education activities, and physical activity offerings. Work with others to help the school take the Challenge!
<http://teamnutrition.usda.gov/healthierUS/index.html>
- **Recipes for Healthy Kids Challenge:** Work with students to develop menu items and recipes featuring whole grains, dark green and orange vegetables, and dried beans and peas for the Recipes for Healthy Kids Challenge:
<http://www.recipesforkidschallenge.com>.
- **Wellness Committee:** Offer to join the school's wellness committee to get an idea of what is already happening within the school and brainstorm ideas, opportunities and plans.
- **Student Council:** Work with a student organization to identify opportunities for change to the existing school food program. Brainstorm alternative menus and hold tastings to get students involved.

Leading Cooking & Education Efforts:

- **Hands-On Cooking Classes:** Teach students to cook and taste fresh, healthy foods that are locally and sustainably grown. Get their input on what kinds of foods they'd like to eat in the cafeteria. Create healthy alternatives and cook those foods together. Work with the school food service director to pilot new menu items before rolling them out in the cafeteria.
- **Cooking Club:** Suggest creating and leading an afterschool cooking program for interested students. Students can learn more about their own food culture or investigate other cultures around the globe.
- **Meet-the Farmer/Meet-the-Chef:** Offer to invite local farmers and chefs to school to participate in seasonal tastings and celebrate where, when, and how our food grows.
- **Plant a Garden:** Work with school staff to show kids where their food comes from. Teachers can incorporate the garden into lesson plans. Coordinate a school-wide harvest party and prepare recipes using fruits and vegetables from the school garden.
- **Open Houses:** Suggest providing healthy snacks at every school function as opposed to sugary desserts or drinks to show families how delicious and easy eating fresh foods can be. Work with school staff to educate families on how increased nutrition and better eating habits can result in improvements in classroom performance.
- **PTA/PTO meetings:** Offer to present concepts of healthy cooking & eating and physical activity because these practices will make a significant difference in the health and development of children, as well as inform their decisions as adults.
- **School Cookbook:** Work with the food service director to create a school-wide cookbook of healthy recipes by inviting students, staff members, and families to submit their favorite healthy recipes.



Chefs Move TO SCHOOLS

Assisting or Training School Foodservice Personnel:

- **Food Safety:** Work with the food service director to reinforce food safety best practices that support the school's food safety program and serve as a role model for implementing food safety when doing food demonstrations.
- **Commercial Equipment:** Offer to assist with training staff to use various pieces of commercial equipment more effectively.
- **Food Presentation:** Brainstorm with staff ways to present food attractively.
- **Nutritious Meals:** Work with school foodservice staff to develop ideas for planning, preparing, and serving nutritious meals that are appealing, taste great, and meet the Dietary Guidelines. Review *USDA Recipes for Schools*: http://www.fns.usda.gov/tn/Resources/usda_recipes.html.
- **Enhance Menus:** Work with foodservice staff to contribute ideas for incorporating more whole grains, dark green and orange vegetables, and dry beans or peas (legumes) into the menu.

Participate in Communications and Chef Networks:

- **Join ChefTalk:** [ChefTalk](#) is an email discussion group intended as a communication tool to link chefs who are working with schools in the *Chefs Move to Schools Initiative*, so that they can share ideas and resources, innovative solutions to challenges, and success stories.
- Send us updates through your [chef profile](#) – some stories will be highlighted on [LetsMove.gov](#) to inspire others
- Engage in a dialogue on the [Let's Move! Facebook page](#) – share tips, ideas and success stories with other chefs and schools
- Share your photos through the [Let's Move! Flickr page](#) with the hashtag #LetsMove